

Morning III

The body remembers

Long before words, your body knew how to soften and come home to itself. This morning, we listen to it.

The practice

Move slowly, and only as far as feels right for you.

1. Find a position that feels supported, and let your weight be fully held by what is beneath you.
2. Rest a warm hand somewhere it is welcome: your chest, your belly, the side of your arm.
Feel its simple warmth.
3. Let your exhales grow long and slow. If a sigh wants to come, let it. Let each out-breath be an unclenching.
4. Let your gaze drift slowly around the space, and rest it on something that feels neutral or kind.
5. Notice one place already a little at ease, and let it spread at its own pace. If anything feels like too much, that is okay: open your eyes, feel your feet, return to the room.

A question to sit with

Where in my body is there already a little ease, if I look gently?

An invitation to nature

Walk slowly outside today, even just a few steps. Feel each foot meet the ground, one after the other. Let the earth meet your body without any hurry.

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